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10-30-1985

# 10/30/1985 - Lisa Jostes XC

University Marketing and Communications

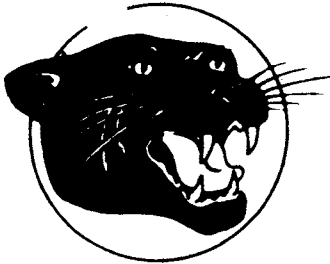
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# ***Panther Sports News***

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## **FOR IMMEDIATE RELEASE**

CHARLESTON, IL (October 30, 1985)--Sophomore Lisa Jostes (Rochester), member of the Eastern Illinois women's cross country team, will compete Saturday in the 1985 Gateway Collegiate Athletic Conference Championships in Macomb, Ill. The Lady Panthers are looking to improve upon last year's eighth-place conference finish.

"I'm very pleased to have Lisa on the team . . . she's a very hard, enthusiastic worker," states head coach John Craft.

Jostes' best performance this season was on Sept. 13 at a home meet against Western Illinois where she ran the 5,000 meter course in 19:22, capturing 6th place.

"Lisa is capable of breaking the 19 minute mark," notes Craft. "She knows she can achieve that mark and she's striving for it."

The Lady Panthers ran on the Macomb course at their last meet on Oct. 19. There Jostes ran a time of 20:09 and came in 16th place.